



# Internal Family Systems Therapy

## An experiential Introduction to the model

Cleo Haber, M.S.W., Registered Social Worker



April 24, 2026



9:30AM – 5:00PM (Eastern Daylight Time)



Live Online Workshop

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### OVERVIEW

Internal Family Systems (IFS) therapy is one of the most popular and effective evidence-based approaches used today. This workshop will provide an experiential introduction to IFS Therapy for clinicians who are curious to learn about IFS and are seeking guidance on how to begin working with clients informed by this approach. The workshop will consist of didactic teaching, experiential exercises and a live demonstration of the model.



As a participant, you will be guided through personal meditation exercises to get to know parts of your own system and engage in a 'Parts Mapping' exercise. This will help you gain a felt sense of the approach, to better facilitate the model with your clients. Through taking this workshop, you will learn the basic principles and structure of an IFS session and gain an understanding of how to approach working with your clients informed by this approach. You will learn how to name and speak for your parts and gain knowledge about the different parts of the internal system: i) the protective parts—managers and firefighters ii) exiled parts that hold wounds from the past and iii) self-energy which is not a part; everyone has a 'Self' that can bring harmony and healing to the system.

## OBJECTIVES



In this workshop, you will:

- Gain an understanding and learn the basic principles of Internal Family Systems Therapy
- Participate in experiential exercises to get to know parts of your own family system
- Learn the structure of an IFS session
- Gain the tools to begin working with clients informed by this model

## RATES

**Early Registration Rate** - \$189 (+ applicable taxes)

**Regular Admission** - \$219 (+ applicable taxes)

**Student Rate** - \$149 (+ applicable taxes)

Students are eligible for a student rate. Please sign up [here](#) to access student benefits. Student rates apply to individuals currently enrolled in an undergraduate, master's, or doctoral program at a recognized post-secondary institution.



## ABOUT THE PRESENTER

Cleo Haber, BSW, RSW, MSW is the founder and Clinical Director of North Star Therapy. She has over 20 years of experience in the field, specializing in mental health and working with individuals, couples, and groups.

In addition to providing psychotherapy and clinical supervision, Cleo regularly facilitates workshops and professional development training. She brings extensive post-graduate training and a commitment to ongoing learning, integrating the latest research into her work.

Cleo works from an anti-oppressive, strengths based and client-centred perspective. She integrates multiple evidence-based clinical approaches including: Internal Family Systems Therapy (IFS), Cognitive Behavioural Therapy (CBT), Interpersonal therapy (IPT), Emotion Focused Therapy (EFT), and Mindfulness.

## ADDITIONAL TRAINING OPPORTUNITIES

Upcoming Live Workshops  
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E-Learning Opportunities  
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